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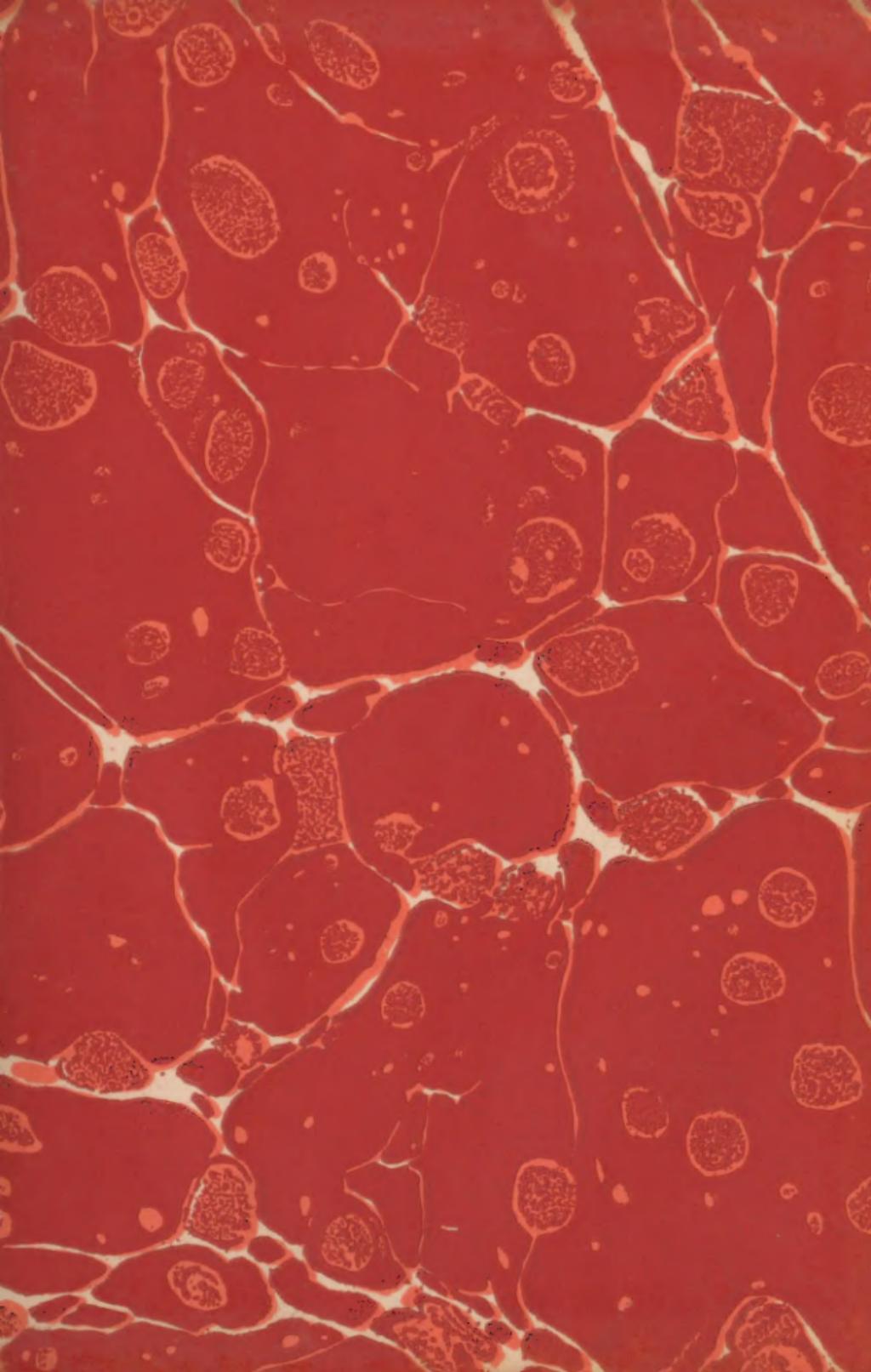
Pan Case

No. 118,
W. D. S. G. O.

No.

From B. 383

8-513



184528
May 44

John L. Thornton in
the Library, 5th ser.,
Sept. / Dec. 1947, pp 172-3
(see reprint in correspondence
files Sept. 29, 1948)

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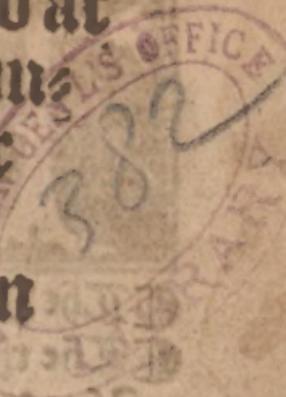
Bull. med. Lib. Ass. 36 (July,
1948) 205-209
accords this dietary to
Andrew Boorde.

Not in STC

Different type (936)
Same words by
Sac.



A Compendy-
ous Regymment or Dyato-
rye of Healt he. Used at
Mountpylour, Com-
pyled by Doctour
Lynacre, and
other Doctours in
Phylycke.



The table of this Booke.



HE fyrlste Chapter
treateth of Roste meate, of
Fryed meate, of Hodden,
or Boyled meate, of Bensed
meate, and of baken meate.

CTHE seconde chapter treteth of Rootes.
CTHE thyrd chapter treateth of certayne
usuall herbes.

CTHE. iiii. chapter treteth of fruytes.

CTHE. v. chapter treteth of spyces.

CTHE. vi. chapter sheweth a dyet for Hany
gynne men.

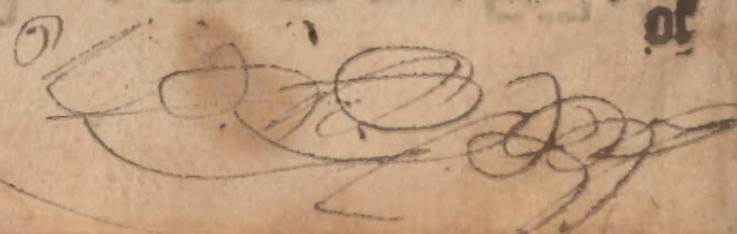
CTHE. vii. chapter sheweth a dyete for fleg
matyke men.

CTHE. viii. chapter sheweth a dyet for colo
eycke men.

CTHE. ix. chapter dothe shewe a dyete for
melancoly men.

CTHE. x. chapter treteth of a dyets and of
an order to be vsed in the pestiferous tyme

of



12345
The Table

of the pestilence & the sweetynge sycknesse.

C The. vi. chapter treteth of a diet for them
the which be in an agew or a feuer.

C The. vii. chapter treteth of a dyete for the
the which haue the Blaek or the colycke
and the stone.

C The. viii. chapter treteth of a dyete for
them the which haue any of the kyndes
of the gowtes.

C The. viii. chapter treteth of a dyete for
them the which haue any of the kyndes of
the seporcs.

C The. x. chapter treteth of a diet for the
the which haue any of the kyndes of the
fallynge sycknes.

C The. xi. chapter treteth of a diet for the
the which haue any payne in theyr hede

C The. xii. chapter treteth of a dyete, for
them the which be in a consumpcion.

C The. xiii. chapter treteth of a dyete, for
them the which be asmatick men beyng
shortwyndyd or lackynge breth.

C The. xiv. chapter doth shew a dyete, for
them the which haue the palsy.

A. ii.

C The.

104967

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of this Booke

Chapter. xv. doth shew an order and
a dyete for them the whiche be mad and
out of theyr wyt.

Chapter. xvii. treateth of a dyete for
the the whiche haue any of the kynde of
the dropsy.

Chapter. xviii. steketh of general dyete
for all maner of men and women beyng
sycke or whoole.

Chapter. xix. doth shew an order or
a fasshyon howe a sycke man shuld be or-
deryd in his sycknese. And howe a sycke
man shulde be vsed, that is lykelyed for
to dye.

CThus endeth the
Table of this
Booke.

*



The Dyatorye or the Regymente of Healthe.



It is at mount
wyper and other bryuer
lytes is vsed boyled
meate at dynet, and
roste meate to supper,
whey they shulde doo so, I can not
tell onlesse it be for a consuetude. For
boyled meate is lyghter of dygestyon
than rosted meate is, brulyd meate
is harde of dygestyon. and euill for
the stome. fryed meate is harder of dy-
gestyon than brulyd meate is, and it
borthe engender color and melancoly,
bake meate whiche is called fleshe
is veryd, for it is buryed in passe, is
not prarsed in physicke, all maner of
fleshe the whiche is inclyned to humv-

A. iii. dyte

The Dyatorye

dyte shold be rostyd, and all fleshe
the whiche is inclyned to drynes shold
be sod or boyled, fylsche maye be sod
rostyd, brulyd and bakyn, euery one
after the y^r kynde and use, and fashyd
of the countre, as the cooke and the
physicon wyl agre and deuyse, for a
good cooke is halfe a physicon, for
the cheyfe physycke, the counsell of a
physcion excepte) doeth come from
the kychyne wherfore the physicon
and the cooke for sicke men muste con-
sulte togyder, for the preparacyon of
meates for sycke men. for yf the phy-
sicion without the cooke proper any
meate excepte he be very experte, he
wyl make a veryshe dysche of meate
the whiche the sycke can not take.

CThe seconde chapter treateth of
rootes, and fyfth of the rootes
of Bozage and Buglose.

The

of healthe.

HHe Rootes of Borage and Buglose, sodden tender and made in a succade doth ingender good blode and doth set a man in a temporaunce.

CThe cootes of Alysaunder and Enulacampane.

CThe rootes of Alysaunder sodden tender and made in succade, is good for to destroy the stone in the raynes of the backe and blader. The rootes of Enulacampane, sodden tender, made in succade, is good for the brest and for the lunges, and for all the interyall mem'ries of man.

CThe rootes of Percellly and of Fenell.

CThe rootes of percellly sodden tender and made in a succade, is good for the stone, and doeth make a man to pylle. The rootes of Fenell sodden tender and made in a succade, is good for

The Dyatorye
for the lunges, and for the syght.

C The roote s of Turnopes
and Persnepes.

C Turnopes boyled and eaten, with
flesche, augmenteth the sede of man,
yl they be eaten rawe moderatlye, it
doth prouoke a good apetyte. Pers-
nepes sodden and eaten doth increase
nature, they be nutrytive, and doth
expell Wryne.

C Radysche rootes and
Carettes.

C Radysche Rootes breketh wynde,
and doth prouoke a man to make wa-
ter, but they be not good for them the
whiche hathe the Gowte. Carettes
sodden and eaten do auge and incre-
se nature, and doeth cause a man to
make water.

C The rootes of Rapes.

C Rape rootes yf they be well boyled
they do noyse yf they be moderate-
lye

of Hesthe.

eaten, immedyatlly eaten, they dothe
ingender bencosyce, and doth annoy
the stomachke.

¶ Onyons.

¶ Onyons dothe prouoke a man to
henerous actes, and compydence. ¶
yl a man dynke sondry drynkes it
doth rectyfy and refor me the nature
of the operacio of them: they maketh
a mans aperydge good, and putteth
away fastydousnes.

¶ Leekes.

¶ Leekes dothe open the breste, and
doth prouoke a man to make water,
but they dothe make and increase
euyll blode.

¶ Garlyke.

¶ Garlyke of all rootes is bled and
moste praysed in Lomberdye, and o-
ther countres annexed to it, for it doth
open the breste, and it dothe kyll all
maner of wormes in a manes bely,

B.I. which

The Dytore.

whiche be to saye, Lymbrici, Alcarides, & Cucurbitini, whiche is to saye
lōge wormes, smal lytell longe wormes, whiche wyll tyckle in the foun-
dement, and square wormes, also it
heleth the bovy and desolupth grole
wyndes.

C The thyrd chapter treateth
of certayne vsuall herbes.

And fyre of Borage
and Buglosse.



Borage dothe comforthe
the herte, and doth in-
gender good blode, and
causerh a man to be me-
ry, and doth sette a man in a tempe-
raunce. And so doth Buglosse, for he
is taken of more bygor and strenghe
and efficacye.

C Of Artochokes, and Rokat.

C There is nothyng vsed to be eten
of

of Helle.

of Artochokes, but the heed of them whan they be almost rype they must be soden tender in the broth of beefe, or with beefe & after eate them at dyner they doth increase nature & doth prouoke a man to veretyous actes, Bokat doth increase the sede of man & doth stumulat the flesche, & dothe moche helpe to digestyon.

¶ Of Cycory and Endyue.

Cycory dothe kepe the stomachke & the heed intemperaunce, and dothe qualysye color, Endyue is good for them the whiche haue hote stomackes and drye.

¶ Of whyte Beetes and Purslayne.

Whyte Beetes be good for the lyuer, and for the splene, and be abster- syne. Purslayne doth extyncte the ardor of fassiyousnes. And doth myty gate great heate in all the inwardre partes of man.

The Dycetore

¶ Of tyme and parseley.

Tyme breketh the stone, it doth de-
solueth wyndes. And causeth a man
to make water. Parsley is good to
breake the stone, & causeth a man to
pysse, it is good for the stomacke, and
doth cause a man to haue a sore brest

¶ Of Lettuce and Sorell.

Lettuce doth extyncte benerous
actes, yet it doth increase mylke in wo-
men brestes, it is good for a hote sto-
macke, and doth pouke slepe, & doth
increase blode, and doth set the blode
in a temperaunce. Sorell is good for
a hotelyuer, & good for the stomacke.

¶ Of Penyryall, and Isop.

Penyryall doth purge melanolly,
and doth conforte the stomacke and
the spirates of man. Isop clenseth
viscus flume, and is good for the brest
and for the lungas.

¶ Of Rosemary, and Roses.

Rose-

of Hesthe.

CRsmary is good for the Palles, and for the fallynge syckenes, & for the coughe, and good agaynst colde. Roses be a cordyall, and doth comforte the herte and the brayne.

COf Senell and Annys.

CThese herbes be seldom vised but theyr seedes be greatly occupied, Senellsede is vised to breke wynde, and good agaynst poyson. Annys sede is good to clense the bladder and the raynes of the backe, and dothe prouoke bryne. and maketh one to haue a sorte or a swete breth.

COf Sauge, and Mandragor.

CSauge is good to helpe a woman to conceyue, and doth prouoke bryne. Mandragor doth helpe a woman to conceyue, and dothe prouoke a man to slepe well.

COf all herbes in generall.

CThere is no Herbe, nor wede, but

B.iii.

God

Steale not this Book for fear of lust.

The Dyatorye

God haue gyuen vertue to them, to helpe man. But for as moche, as Plyne, Micer, and Diaſcorides with many other olde auncyent & approbat Doctors hath wrytten and pertraced of theyr vertues, I therfore nowe wyll wryte noo further of herbe, but wyll speke of other matters, that shall be more necessary.

The fourth chapter treareth of fruytes. And fyfle of fygges.



Wisen sayth that fygges doth noyshe more than any other fruyte. They doth noyshe meruaylously when they be eaten with blanched Almons. Ther be also good rosled, & stued. They do cleane the brest & the lunges. And they do open the opplyacions of the lyuer & the spleene. They doth

of Helthe.

doth stere a man to beueryous atteſſ
for they dothe auge and increase the
ſede of generaciō. And alſo they doth
prouoke a man to ſweate, wherfore
they doth ingender lyce.

¶ Of great Rayſyns.

¶ Great Rayſyns be nutrytive ſpe-
cially yf the ſtones be pullyd out, and
they doth make the ſtowacke fyrmē,
and ſtable, and they dothe prouoke a
man to haue a good appetyde, yf a
fewe of them be eaten before meate.

¶ Of ſmall Rayſyns of corans.

¶ Small Rayſynes of corans, be
good for the raines of the backe, and
they doth prouoke bryne, howe be it
they be not all the beſte for the ſplene
for they maketh oppilacion.

¶ Of Grapes.

¶ Grapes ſweete and newe, be nutry-
tive, and doth ſtumulat the fleſche, &
they doth conſoore the ſtomacke and
the

The Dyatorye

the lyuer, and doth auoyde opylions, how be it, it doth replete the wosmacke with ventosyte.

¶ Of Peches, of medlers, and Ceruyces.

Peches doth molypye the bely, and be colde. Medlers taken superfluous doth ingender melancholy. And Ceruyces be in maner of lyke operacion.

¶ Of strawberyes, Cherys, and Hurtes.

Strawberyes be praysed aboue all beryes, for they do qualyfy the heete of the lyuer, and doth ingender good blode eaten with sugre. Cherys doth molypfy the bely and be colde. Hurtes be of a groser substance, wherfore they be not for them, the whiche be of a clene dyate.

¶ Of Nuttes great & small.

The Walnut and the Banocke be of one operacion. They be tarde and

globas

of Hesthe.

Nowe of dyggestyon, yet they dothe cō-
fōrte the b̄ayne, yf the pythe and the
skyn be pulled of, and than they be nu-
trityue. Sylberdes be better than ha-
sell nuttes, yf they be newe and taken
from the tre, & the skyn o; the pyths
pullyd of: they be nutrityue and doth
increase fatnes, yf they be olde they
shulde be eaten with great myseris.
But newe nuttes be ferre better thā
olde nuttes: for olde nuttes be colory
ke: and they be euyll for the heed and
euyll for olde men. For & they doth in-
gender the Palsey to the tonge. Yet
they be good agaynst venom. And i m
moderatly taken or eaten doth ingen-
der corruption as byles blaynes and
suche putryfaction.

¶ Of Peason and Beanes.

¶ Pearson the whiche be yonge be nu-
trityue: howbeit they doth replete a
man with ventolste. Beanes be not

The Dyceroye.

so moche to be praysed as Peasone,
for they be full of bentosite although
the skynnes or huskes be ablatyd or
cast away, yet they be a stronge mea-
te & doth prouoke benerous actes.

¶ Of Peares and Appulles.

¶ Peares the whiche be melowe and
doulce, and not stonye dothe increase
fatnes ingendrynge wateryshe blos-
de. And they be full of bentosyte. But
wardens rostyd, stued or baken be nu-
trytue, and dothe confort the sto-
macke specially yf they be eatē with
comfites. Appulles be good after a
froste haue take them, or whan they
be olde specially red appulles, & they
the whiche be of good odor and me-
lowe, they shulde be eaten with suger
or comfites, or with fenell sede or an-
nys sede bycause of theyr bentosyte,
they doth confort than the stomacke
and doth make good dysgestyon, spe-
cially

of Hesthe.

cyally yl they be rosted or baken.

COf Pomegarnates & quynces.

CPomegarnates be nutrytyue, & good for the stomacke. Quynces baken the core pullyd out doth mollyfy the bely and doth helpe digestion, & doth preserue a man from dronkenshyp.

COf Dates and Mylons.

CDates moderatly eaten be nutrytyue, but they doth cause opplacions of the lyue & of the spleene. Mylons doth ingender euyll humours.

COf Gourdes of Cucubers
and Pepones.

CGourdes be euyll of noyshment. Cucubers restrayneth benerousnes or lassiousnes, or luxuriousnes. Pepones be in maner of lyke operacion. But the Pepones ingenderynge euyll humours.

COf Almondes and Chesteynes.

CAlmondes causeth a man to pisse
C.ij. they

The Dyceroye

they doth mollyfy the bely, and doth
purge the lunges. And. vi. or viij. eatē
before meate preserueth a man from
droken shyp. Chestynes do hōryshe þ
body strongly, and doth make a man
fat, yf they be thorowē redyed and þ
huskes abicryd. Yet they doth reple
te a man with hentosryte or boynde.

¶ Of Pynes and Damysens.

Pynes be not greate sypraised bue
in the tyme of medysyne, for they be
colde and cryste. And Damysens be
of the sayd nature, for the one is olde
and dryed, and the other be taken fro
the tre. vi. or viij. Damysens eaten be
fore dyner be y god to prouoke a mas
aperite, therewith mollyfy the bely &
the absterfe, the skyn and the stonēs
shul be ablatyd and cast away and
not kyd.

¶ Of Olives and Capers.

Olydes condyred, and eten at the
begyn

of Helle. 2

begynnyng of a refecson doth coro-
borat the stomacke, and prouoketh
appetyte. Capers doth purge flume
and dothe make a man to haue an
appetyte.

¶ Of Drynges.

¶ Drynges doth make a man to ha-
ue a good apetyte & so doth the ryn-
des, yf they be in succade. And they
doth confort the stomacke: the iuce is
a good cause to prouoke an apetyte.

¶ The syxth chapter treateth
of Spyces. And syrte of

Gynger.

GYnger dothe heate the
stomacke and helpeth to
gesyon, grene gynger ca-
ten in the morenyng fa-
styng dothe acuate and quycken the
remembraunce.

¶ Of Peper.

¶ There be thre sondry kyndes of pe-
per. ¶ .iii. per

The Dyatorye

per, whiche be to saye whyte peper,
blacke peper, and longe peper. Wilkyn
des of pepers to heate the body, and
doth desolute fleume and wynde, and
doth helpe dygestyon and maketh a
mā to make water: blacke peper doth
make a man leane.

Of Cloues and Maces.

Cloues doth comfort the senebres
and doth dysolute and dothe consume
superfluous humours and restorþh
nature. Maces is a cordyall & dothe
helpe the colyke and is good agaynst
the blody syre and laces.

Of Graynes and Saffron.

Graynes be good for the stomac-
ke and the heed: and be good for wo-
men to drinke. Saffron doth comfor-
te the herte and the stomacke, but he
is to hote for the lyuer.

Of Nutmeges and Cynamoine.

Nut-

of Helthe.

Cnutmeges be good for them the whiche haue colde in theyz heed: and doth comforte the sight & the brayne and the mouth of the stomacke. And is good for the splene. Cynamome is a cordyall. Wherfore the Hebrewcyon doth say, why doth a man dye & can get Cynamome to eate: yet it dothe stop and is good to restrayne fluxes or laxes.

Of Lyquoryce.

CLyquoryce is good to clese and to open the lunges and the brest & doth loese fleume.

The syrth chapter sheweth a dyete for Sanguyne men.

Sanguyne men be hote and moy-
sie of complexion: wherfore they
muste be circumspecte in eatyng
of theyz meate, consyderyng that the
puret

The Dyatorye

purer the complexion is, the sooner se
may be corrupted, and the blode may
be the sooner infected, wherfore they
muste abstayne to eate inordynatly
fruytes & herbes, and rootes, as gar
lyke, onyons, and leekes, they muste
refrayne from eatynge of olde fleshe,
and exchewe the usage of eatynge of
braynes of beestes, and from eatynge
the vdders of kyn. They muste use
modoratly slepe, and moderat dyete,
or elis they wyll be to fat and grose,
Fysh of muddy wates be not good
for them. And yf blode do habounde
clense it with stuses or flebotomye.

The. viij. chapter sheweth a dyete for fleumatyke men.

FLeumatyke men be colde and
moyste: wherfore they must ab
stayne from meates the which is col
de

of Hesthe.

de. And also they must refcayne from
eatryuge of biscus meate, & specially
from all meates, the whiche doth in-
gender fleumatike humours, as fysh
frye, and whyte meate. Also to ex-
chewe the usage of eat ynge of crudē
herbes speciall to refrayne from me-
ate the whiche is harde and slowe of
dygestyon, as it apperyth in the pro-
perties of meates afore rehersid. And
to beware not to dwell nygh to wa-
tershe and moryshe grounde. This
thynges be good for fleumatyke per-
sons moderatly taken, onyons, gar-
lyke peper gynger, and al meates the
whiche be hote and drye. And causes
the whiche be sowre. Thel e thynges
folowynge doth purge fleume Poly-
pody netyll elder agaricke yreos may-
den heare and stycados.

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Chapter. viii. chapter sheweth a
dyete for Corolyke men.

D. i.

Colo

The Dyetorye.

Color is hoote and drye, wherfore coloryke men muste abyayne from eatynge hote spycis. And to refrayne from dynkyng of wyne and eatynge of coloryke meate, hewebeit coloryke men may eate groser meate than any other of the complexions, excepte theyz education haue ben to the contrary. Coloryke men shuld not be longe fastynge. These thyngs followinge doth purge color: fumptosry, Centorix wormewode wylde hoppes bvoletes mercury manna rubar be eupatorye tamaryndes, and the whay of butter.

The ix. chapter treateth of a dyetary for Melancoly men.

Melancoly is colde & drye, wherfore Melancoly men muste refrayne from fryed meate, and meate the

of Hesthe.

the whiche is ouer salte. And from
meate that is cowre and harde of di-
gestyon, and from all meate the whi-
che is burned and drye. They muste
abstayne from immoderat churte, &
from drynkynge of hote wynes, & gro-
se wyne, as red wyne, & use these thyn-
ges cow mylke, almon mylke yolkes
of rere egges, boyled meate is better
for melancoly men than rostyd mea-
te. All meate the whiche wyl be seone
digestyd. And all meate the whiche
doth ingender good blode, and mea-
tes the whiche be temporatly hote be
good for melancoly men, and so be all
herbes the whiche be hote and moyst
These thynge folowyng doth pur-
ge melancoly quyckebeine seene styca-
dos hartystonge maydenheare pviy-
al mountane bozage organū suger
and wherte wyne.

The Dycetore

Ch. x. chapter treateth of a
dyete, And of an order to be
yled in the pestiferous tyme
of the pestylence, and swet-
tynge lyckenes.



Whan the Plaages of
the Pestylence, or swet-
tynge lyckenes is in a
towne, or countree at
Mountpplour, and at
other hygh regyons a countrees that
I haue dwelte in, the people doth flee
from the contagious and infectious
ayre, preseruatyue with other coulseyl
of Physyke, notwithstanding. In lowe-
er and other haase countrees, howles
the whiche be infectyd in towne or cy-
tie, be closed by both doores and wyn-
dowes, and the inhabytoures shall
not come al-rode, neither to churche,
nor to market, nor to any howse or
compa-

of Hesthe.

companye, for infectynge other the
whiche be cleane without infection. A
man can not be to ware, no; can not
kepe hym selfe to well from this syc-
kenes, for it is so vehement and so
peryllous that the syckenes is taken
with the sauour of a mans clothes:
the whiche hath bylyed the infecti-
ous howse, for the infection wyllye
and hange longe in clothes. And I
haue knowen that whan the strawe
and rylches hathe ben caste out of a
howse infectyd, the hogges the whi-
che dyd lye in it, dyed of the pestylen-
ce: wherfore in such infectious tyme
it is good for every man that wyl
not fle from the contagious ayre to
bse dayly specially in the morenyng
and evenyng to burne Jeneper, & ro-
semery or rylches or bay leuys or ma-
getome or frankence or bengayn.
Or els make this powder. Take of

D.iii. Iijap

The Dyatorye

storax calamyte half an vnce of frâk
ensence an vnce of þ woode of Aloes
þe weyght of. vi. d. mert all these to
gyther. Chaneste halse a sponefull
of this in a chafyng dysche of coles.
And set it tofume abrode i the cham
bers and the hall and other howses
Andþowþyl put to this powder a ly
tell lapdanum it is so moche theþ be
ter. Øy els make a pomamber after
this maner. Take of lapdanum. iii.
drames of the woode of Aloes one
drame of ambre of grece. ii. drames
and a halfe, of nutmegges of storax
calamyte of eche a drame and a halfe
confecte all this togyther with rose
water and make a ball. And this afo
resayd pomeambre doth not onely ex
pell contagious ayers, but also it
deth cōfōrte the brayne, as Barthel
mebo of Montagnane sayth, & other
modernall doctoz doth affirme the
same

of helth c.

Came. Who soruer is infected with þ
pestylence, let hym loke in this boke of
dyetary of helth for a remedye. But
let hym vse this dyete, let the chamb-
ber be kept close, and kepe a contynal
fyre in the chamber of clere burnyng
as he wode or cole without smoke be
ware of takyng any colde vse tem-
perat meates and drynke, and be wa-
re of wyne beere and cyder, vse to eate
stewed or baken peers with comfites
vse no grosse meates, but thole þ whi-
che be lyght of dygestyon.

¶ The xi. chapter sheweth of a
dyete the whiche be in any
feuer or agewe.

I Do aduertylse euery man þ hath
a feuer or an agewe not to eate
no meate. vi. houres before his cou-
se doth take hym. And in no wyle as
longe

The Dyato iye
longe as the age we dothe indure to
put of the sherte nor dowlblet, nor to
ryse out of the bedde, but whan nede
shall requyre and in any wyse not to
hop nor to take the open ayer. For su
che prouylsyn may be had that at vt
termost at the thyrdde course he shall
be delyueryd of the feuer blyng the
medysnes the whiche be in this dyeto
ry of helth. And let every man bewa
re of castynge theyr handes and ar
mes at any tyme out of the bed in or
out of theyr agony or to spurne with
the legges out of the bed, and good it
is for the space of thre courses to we
re contynually gloues, & not to wash
the handes. And to use suche a dyete
in meate and drynke as is rehersyd
in the pestylence.

Ch. xii. chap. treateth of a diete
for them þ which haue þ Ilyake
or the colyke and the stone.

The

of Hellehe.

He Ilyacke and the Collycke be engenderyd of hē to syte, the which is intrusyd or inclosed in two guttes, the one is called Illia: and the other is called colon. For the two infyrmynetes a man must beware of colde. And good it is not to be longe fastynge. And necessarye it is to be laxatyue, & not in no wyse to be constupat. And these thynges folowyngē be not good for them, the which haue these aforesayd infyrmynetes stale breeede, new ale. They muste abyayne also from drynkyngē of beere, of cyder and redwyne, and Cynomom. Also refrayne from all meates that honyp is in, exchewe eatynge of colde herbes, bse not to eate beanēs, peason, nor porage, beware of the usage of fruytes. And of all thynges the which doth ingender wynde. For

E. i. the

The Dyceroye.

the stone abstayne from dynkyng
of newe ale, beware of beere & of red
wyne and hote wynes, restrayne from
eatynge martylmasse beefe & baken,
and salte fylshe & salte meates. And
beware of goynge colde abouthe the
mydle specially abouthe the raynes of
the backe. And make no restryction
of wynde and water nor seege, that
water wolde expell.

The. xiiii. chapter treateth of a dyete for them the whiche haue any kynde of the gobotes.

 **D**ey the whiche be infectyd
with the gobote, or any kyn-
de of it, I do aduertysle the
not to syt longe bollynge &
byddyng dysynge and cardyng, in for-
gettynge them selfe to exonerat the
blader and the bely, whan nede shall
requyre

of Hellethe.

requyre, and also to beware that the legges hange not without some stay nor that the bootes or shooes be not ouer strayne, who so ever hath y gowte must refrayne from dynkyng of new ale, and let hym abstayne from dynkyng of beere and red wyne. Also he must not eate new brede, egges, fresche salmon, etc s, fresche hertynge, pylchers oysters, and all shell fysche. Also he must exchewe the eatynge of fresche beeke, of goose or ducke and of pygyous. Beware of takyng colde in the legges, or rydynge or goynge wete shod. Beware of benervous aches after refecction, or after or bpon a full stomacke. And refrayne from all thynges that doth ingender euyll humours and be inflatyng.

Chapter.xiij. chapter treateth of a dyete for them the whiche haue any of the kynde of Lepozed.

E. ii.

He

The Dytcorve

Dthat is infectyd with any of the. iiiij. kyndes of the Lepozed must refrayne from all maner of wynes, & from newe drynkes, and stroge ale, than let hym beware of ryote and surfetynge. And let hym abstayne for eatynge of spyses, and dates and from tryppes & podinges, & all inwardes of beestes, fylle and egges and milke is not good for Lyporous persōs. And they must abstayne from eatynge of fresche bee fe, and from eatynge of goose ducke and from water fowle and pygyons. And in no wyse to eate beneson, nor hare flesche and luche lyke.

Chapter.xv. chapter treateth of a dyete for them the whiche haue any of the kynde of the fallynge syckenes.

Who

lxxvii

of Hesthe.

Ho so ever he be, the
whiche haue any of
the kyndes of the fal-
lynge syckenes muste
abstayne from eatyn-
ge of whyte meates
speciailly of mylke, he most refrayne
from drynkynge of wyne new ale and
stronge ale. Also they shuld not eat
the fatnes of fylsche, nor the hedes of
fylsche the whiche doth ingender rebome.
Shell fylsche eles samon herynge
and byscus fylsche be not good for
Epilenticke men. Also they must refrayne
from eatynge of garlyke onyons
leekes and all vaperous meates, the
whiche doth hurte the heed, beneson,
hares flesche beeke beanes and pea-
son be not good for Epilentycke men
a yf that they be infectyd with these
great syckenes, they shuld not resorte
to where any great resorte of compa-

E. iij.

ny

Wm. F. H. 1490

The Dyatorye

ny, whiche is in churche in lessyong & market places on market dapes, y^e they do the syckenes wyl infecte the more there than in any other place, or at any other tyme. They must beware they do not syt to nygh the fyre for the fyre wyl ouercome them, and wyl induce the syckenes. They must beware of lyeng to hote in theyr bed, or labour extremely, for suche thynge causeth the grefe to come the ofter.

The.xvi.chapter treateth of a dyete the whiche haue any payne in theyr heed.



Any sickenes, or infrym-
tes, & impedymetes may
be in a mans heed. wher-
fore who so ever haue any impedy-
ment in the heed muste not kepe the
heed to hote nor to colde, but in a re-
petas

of Helle.

peraunce. And to beware of ingende-
ryng of rewme whiche is the cause
of many infyrmites. There is noo
thyng that doth ingender rewme so
moche as doth the fatnes of fyslhe &
the heedes offyslhe, and surfettes, &
takyng colde in the fete: and takyng
colde in the nape of the necke or heed
Also they the whiche haue any infyrmite
in the heed must refrayne of im-
modert lufe specially after meate. Al-
so they must abstayne from drynkyn-
ge of wyne, and vse not to drynke ale
and beere the whiche is ouer stronge
bacyferacion halowyng cryeng and
hyghe syngynge is not good for the
heed. All thynges the whiche is ba-
perous or doth fume is not good for
the heed. And all thynges the which
is of euyll sauour, as careyn, synches
weddraughtes pysse bolles smalles
of candelies dunghylles stynkyng ca-
nelles

The Dyatorye

nelles, and synkyng standynge wa-
ters and synkyng marches with su-
che contagious ayers doth hurte the
heed and the brayne and the memo-
rye: All odyferous sauoures be good
for the heed and the brayne and for
the memorie.

The xviij. chapter createth of a dyete for them the whiche be in a consumpcion.



Ho so ever he be þ
is in a cōsumpcion
must abstayne frō
all sowre and tar-
te thynges, as by-
neter and aleger and suche lyke and
also he must abstayne from eatynge
of grose meates the whiche be harde
of dygescion. And vse cordyalles and
rehoratyses, and nutrytive meates
and

an answ

of Hellethe.

and drynkes, the whiche is swete, & that suger is in he nutrytynge. wherfore swete wynes be good for them the whiche be in consumpcion moderatly taken. And sowle wine sowle ale, & sowle brewe is good for no man for it doth freate away nature. And let them beware that be in a consumpcion of fryde meate, of bruled meate, and of brynt meat, the whiche is ouer rostyng, and in any wylle let them beware of angre & pencyfulnes. These thyngs folowyng be good for them the whiche be in consumption a pyg, or a cocke stewed and made in a geiy cockerels stewed, gotes mylke, and liger, almon mylke, in the whiche rysle is soden and rabbettes stewed. &c.

Chapter. xviii. treaseth of
a dyete for them the whiche be
asmatycke men beyng shorte
wynded or lackynge breth.

F.i.

Shorte

The Dytore.



hortnes of wynde cometh dyuers tymes
of ipedymetes in the
lungen and straytnes
of the breste opylatyd
thorow the viscus fleu-
me, and otherwhyle whan the heed
is stuffed with rewme called the pose
letterh the brest of his naturall cour-
se, wherfore he that hath hortnes of
brest, must abstayne from eatynge of
meat . specyally yf they be olde, chese
and mylke is not good for them, no
more is fylche and fruyte and rawe
crude herbes. Also all maner of mea-
te the whiche is harde of dysgestyon
is not good for them. They must re-
stayne from eatynge of fylche specy-
ally from eatynge fylche, the whiche
wyll cleve to the syngers and be vis-
cus and slyme, & in any wyse beware
of the skynnes of fylche, and of all ma-

net
Dyngayd
Dyngayd

of Helthe.

ner of meate the whiche doth ingen-
der sleume. Also they must beware of
colde. And whan any howse is a swē
pynge to goo out of the howse for a
space in to a clene ayer. The duste al-
so that ryseth in the strete thorowe
the behemens of the wynde or other
wyse is not good for them. And smo-
ke is euyll for them, & so is all thyng
that is stoppyng. wherfore necessa-
ry it is for them to belaxatye.

CChapter xir. treateth of
a dyete for them the whiche
haue the Palsey.



Hey the whiche haue the
Palsey, bnyuersall, or
percyuler must beware
of anger, hastynes, and
restynes. And muste be-
ware of feare, for thorowe anger or
f. is. feare

The Dytore

feare dyuers tymes the Palsey doo
come to a man. Also they must bewa-
re of dyuers kynnes, and eatynge of nut-
tes, whiche thynges be euyll for the
palsey of the tounge, coldnes and con-
tagyous and synkyng and fylthy
ayens be euyll for the palsey. And let
euer y man beware on lyenge vpon
bare grounde, or vpon the bate sto-
nes, for it is euyll for the palsey, the
sauoure of Castory, and the sauoure
of a fox is good agaynst the palsey.

Chapter. xx. chapter doth shewe an
order and a dyete for them the
whiche be mad and out of

theyr wytte.

Here is no man the whi-
che haue any of the kyn-
nes of madnes, But
they oughte to be kepte
in sauegarde, for dyuers inconueny-
ence

of Hesthe.

ence that maye fall, as it apperyd of late dayes of a lunatyke man named **Antony a Physycion**, þ whiche went many tymeſ at his lyberte, and at laſt he dyd kyll his wyfe and his wyues ſuſter, and hiſ owne ſelſe. Wherefore I do aduertyle every man þ whiche is mad, or lunatyke or frantyke demonyacke to be kept in ſauegarde in ſome close house or chamber whe-
re there is lytell lyghte. And that he haue a keper, the whiche the madde man do ſcare. And ſe that the mad man haue no knyfe nor ſhires, nor o-
ther edge toole, nor þ he haue no gyrdell except it be a weke lyſte of cloth,
for hurting, or kylling hym ſelf. Also
the chambre or the howſe þ the mad
man is in, let there be no paynted clo-
thes, nor paynted walles, nor pyc-
tures of man or wooman, or fowle or beſt,
for ſuche thynges maketh them full

The Dyatorye
of fantasres, let the madde persones
heed be shauen ones a monthe, lette
them dynke no wyne, noz stronge ale
noz stronge beere, but moderat dynke,
and let them haue thre tymes in
a daye warme suppynges, and a lytle
warme meate. And vse fewe wordes
to them, except it be for reprehēsyon
or gentill reformacion, yf they haue
any wytte or perseveraunce to vnder-
standynge.

CThe. xxi. chapter treateth of
a dyete for them the whiche
haue any of the kyndes of
the Idiopyses.

Saynt Beeede saith the mo-
re a man doth dynke that
hath þ Idiopysse, the mo-
re he is a thurste, for al-
though the lyckenes doth come by su-
perha-

of Hellehe.

perha bundance of watter, yet the ly-
uer is drye, whether it be alchytes I-
posirca, lencoslegmancia, or the tym-
pany. They that hath any of the iii.
kyndes of the Idropises, must refray-
ne all thynges the whiche be consti-
pat and costyue. And vse all thynges
the whiche be laxatyue nuttes & drye
almondes and harde chese is poysone
to them. A ptyasant and posset ale ma-
de with colde herbes dothe conforte
them. Who so ever he be the whiche
wyll haue a remedy for any of these
feure kyndes of the Idropysley, and
wyll knowe a declaracion of these in-
fyrmynes, and other syckenesses, do
as this dyetary to teache you.

CThe. xxij. chapter treateth of a
Generall dyete, for all maner
of men and wemen beyuge
lycke or hole.

There

The Dyatorye

Here is no man nor wo-
man, the whiche haue a-
ny respect to them selfe,
þ can be a better Physy-
cian for theyr owne sau-
gard than theyr owne selfe can be to
consyder what thyng, the whiche doth
them good. And to refrayne from su-
che thynges that doth them hurte,
or harme. And let euery man beware
of care, sorowe, thought, pēccyfulnes
and of inward angre. Beware of sur-
fetes, and vse not to moche venerp-
ous actes. Breke not the vsuall custo-
me of slepe in the nyght. A mery har-
te and mynde, the whiche is in rest &
quietnes without aduersyte, and to
moche worldlye busynes causeth a
man to lyue longer and to loke yong-
ly althoough he be a ged, care, and so-
gome byngeth in age & death, wher-
fore lette euery man be mery, and ye-

At the end of the
Aug 14

of Hellethe.

he can not lette hym resorte to mery
company to breke of his perplexatyses.
Furthermore I do aduertysfe e-
very man to washe theyz hādes ofte
euery day. And dyuers tymes to kēn
be theyz heed, & every day to plonge þ
lyes in colde water in the mornynge.
Moreover I do counseyl euery man
to kepe the brest & the stomacke war-
me. And to kepe the feete from wete,
and other whyle to washe them, and
that they be not kepte to hote nor to
colde, but indysserently. Also to kepe
the heed and the necke in a moderat
temperaunce, not to hote nor to cold
And in any wyse to beware not to
medle to moche with venerious actz
For þ wyl cause a mā to loke aegedly
& also causeth a mā to haue a briske or
a shorte lyfe. All other mattes pray-
nyng to any perticuler dyete, you shal
have it afore in this booke rehersyd.

G.i. C The

The Dytorye.

Cthe xiiiij chapter doth shewe an order, or a fashyon howe a sycke man shulde be ordeyd. And howe a sycke man shulde be blyd that is lycke-ly to dye.

Ho soever that is sorre sycke, it is bincerten to man, wher ver he shall lyue or dye. **W**herfore it is necessary for hym, that is sycke to haue two or thre good kepers, the whiche at all tymes in use be dylgent, and not slepps he, clouds he nor flutts he. And not to weape and waple aboute a sick man nor to use many wordes. **N**or that there be no great resorte to comon and talk, for it is a busynes for a whole man to answere many men, and specially women.

of Helle.

wo me that shall come to hym. They
the whiche cometh to any sycke per-
son ought to haue fewe wordes, or
none, except certen persones, the whiche
the be of counsell of the testement ma-
kyng, the whiche wyse men be not to
ske of suche matters in theyr sycke-
nes, for wyls dome wolde that every
man shulde prepare for suche thyngs
in helle. And yf any man for charyre
wyll byset any sycke persone, let hym
aduct: yse the sycke, to make every
thyng euen betwyx God & the worl-
de, and his consevence. And to recey-
ue the ryghtes of holy churche, ike
a catholycke man. And to folowe the
counsell of both Physycions, whiche
is to say the Physycion of the soule,
and the Physycion of the body, that
is to say the spirituall counsell of his
curate, and the bodely counsell of his
Physycion consernyng the receytes

The Dydere

of his medlyngs, to recover helth. For
saynt Augustyne sayth, he that doth
not observe the Comaundement of
his Physycien dothe kyll hym selfe.
Further more aboute a sycke persone
Shulde be redolent sauoures, and the
chambre shuld be replenysched with
herbes and floweres of odylferous fla
uour. And certentymes it is good to
be vsed a lytell of some perfume to
stande in the mydle of the chambre.
And in any wyse let not many men,
and specially wemen be togyther at
one tym in the chambre, not onely
for batlynge, but specially for theyz
brethes. And the kepers shulde se at
all tymes that þ sycke persons dryn
ke be pure, flesche and stale, and that
it be a lytell warmed, turned out of
the colde. Yf the sycke man ware syc
ker and sycker, that there is lykel ho
pe of a mendemente, but sygnes of
death

of Hesthe.

death, than noo man ought to moue
to hym any worldly matters or busynes,
but to speke of ghostly and godly
matters. And to rede the **P**assyon
of **C**hriste, and to say the **P**salmes of
the passion, and byd the sycke man re-
membre how christe suffred death &
passyon for hym. And let not the ke-
pers forget to gyue the sycke man, þ
is in such agony warme drynke with
a spone, and a sponefull of a caudell,
or a Colesse. And than let euer y man
do indeuer hym selfe to prayer, that
the sycke pereson maye synysche his
lyfe catholeckly in the fayth of Iesu
Christe. And so to departe out of this
myserable worlde. I do beseeche the
Father, and the Sonne, and the holy
Ghoste, thorow the meryte of Iesu
Christes passion, that I and all crea-
tures lyuyng may do. Amen.

CThus endeth this dyetary.

G.iii.

Chere

The Dyatorye
Here foleweth, i. cwe you shall
knowe to gyue the quantyte
of Medycynes.

MEdycnes before þ they
be compounded togyþer
they be dyuers in the ma-
kynge, as some of moxe,
and some of leſſe, as of Scamony, &
of other bermy morſlynges, and by
clent, as Turbryt, Elcbre, Agrre, Eu-
ſorbie, Clo, Elo, and of all other ly-
ke these, so that the takynge of Ira-
pigra shall be uij. i. ſameſ.

The whryghte of a dramme is two
pens haſſepeny.

Iteraphini, but two diſameſ, for þ
is moxe compounded with venymous
medycynes & brolences, than Irap-
gra, therfore the leſſe shall be taken
therof.

Alſo of Benedicta may be. iii. drā-
meſ. **A**lſo

of Hellehe.

Calso of Blanca.ii. drammes.

Calso of Pilularū, Archiarū, Hulde
be taken.ii. drammes.

Calso of Pilule dure.ii. drammes.

Calso of Pilularū de Euforbie. ii.
diammes.

Calso of Pilularum Fetidum, and
of Stomatecum laxatiuam .ii. drā-
mees.

Calso of Electuariū dulce.ii. drāmēs.

Calso of Theodoxicon amācardiū.
ii. drammes.

Chowe I haue shewed you of the
giving of quantyte of medycynes, &
the dversytye of the howe they auoyd
superfluyte of flume or celoute.

Che begynneth the quantyte
to auoyde Hellehely.

As it is layde of Jet iephyn, so
we shall fare of Diacne, and
the gyuynge of the quantyte shall be

The Dyatorye
an onnce. Hoc auicena. Also of Trife
ra saracenica, the receypte of it is. iiiij.
drammes.

Also of Theodoricon eupisticon. iiij.
drammes.

Also the receypte of Jeralododson,
two drammes.

Also of Caterica Imperiale one
dramme.

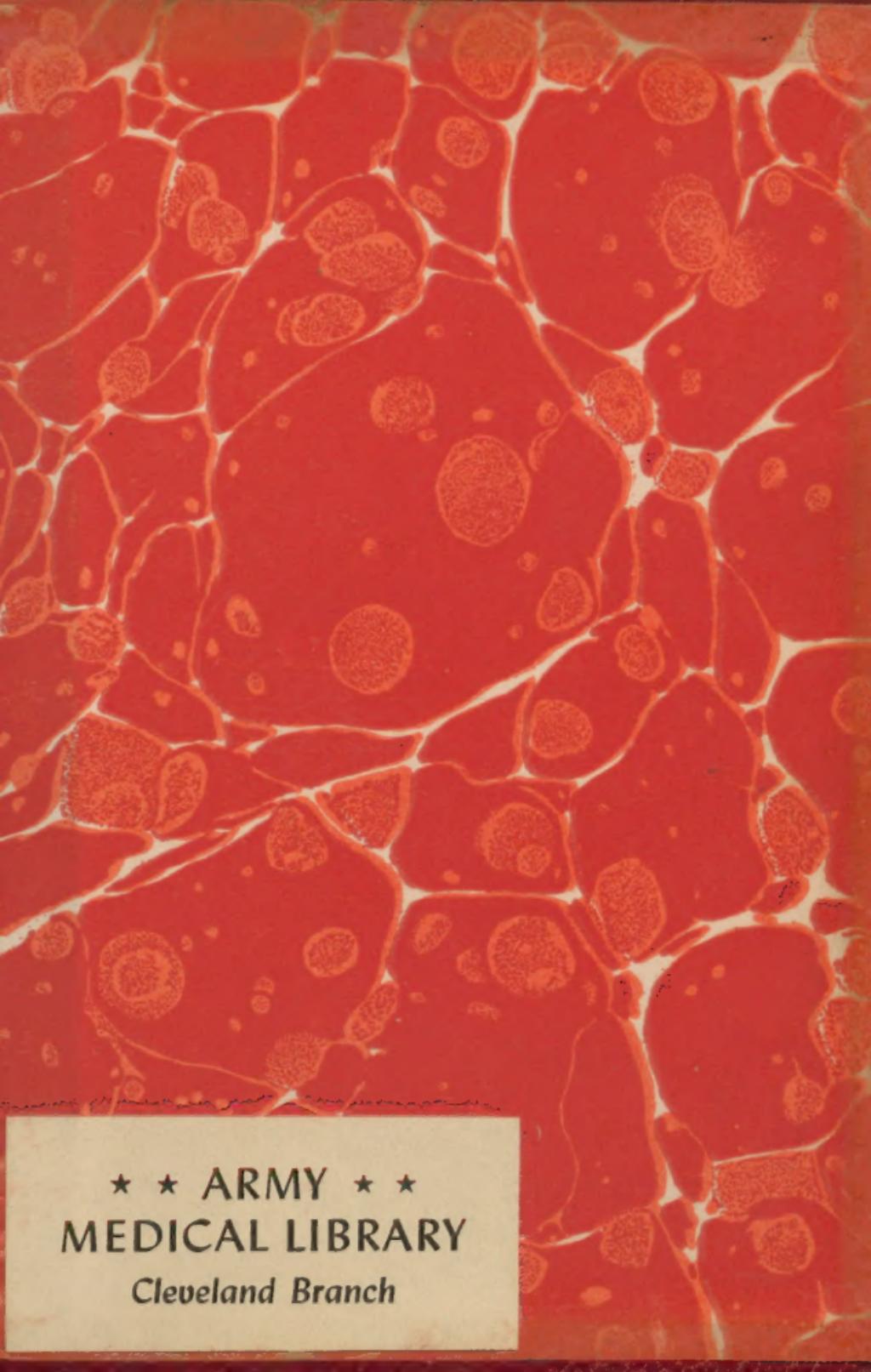
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